

Anxiety and stress among working and non-working married women

Dr. Hardas B. Nandaniya

Assi. Professor, L. D. Arts College, Ahmedabad

Email - nandaniyahb@gmail.com

Abstract: The main purpose of present study was to investigate Anxiety and stress among married working and married non-working women. The body total sample consisted of 90 women among 45 married working women and 45 married non- working women. Were selected from Ahmedabad city. The research tools used were anxiety scale made by A.K. Sinha and Dr. Prerna puri and Tejinder Kaur's stress scale. The result show that there is significant difference in anxiety married working and married non-working women. There is significant difference in stress married working and married non-working women, while the correlation between anxiety and stress 0.61 high positive correlation.

Key Words: Anxiety, stress, working and non-working married women.

1. INTRODUCTION:

Stress and anxiety serve a purpose. They act as the body's alarm system for dealing with threat or situation. The body and even the mind prepare themselves physically and emotionally to deal with danger. But if the alarm never shuts off, stress and anxiety can become overwhelming and make it hard to carry out your daily routine. Stress is a normal part of life. Stress warns you that you're encountering problematic situation, and is designed to motivate you to take action in order to reduce that stress and make you life better. Without stress, you wouldn't feel any motivation to make your life better. You would take risks without regard for the consequences and make decision that affect the course of your life without any critical thinking to ensure it's what's best for you. In small amounts, stress is actually a good thing. But when that stress starts to become unreasonable- when that stress starts to affect you every day, causing you to feel sick, anxious, unhappy, or fatigued- then your levels of stress have become a serious problem

What is the Link Between Stress and Anxiety ?

Stress and anxiety are not entirely different conditions. In many ways, anxiety may be considered long term stress, and long terms stress may be a component of an anxiety disorder. Their similarities and relationship are some of the reasons that those that experience any one for a long period of time often experience the other for much longer. It's not clear why anxiety and stress seem to contribute to each other, but there are several proposed possibilities. These include:

Poor Coping Response

Both anxiety and stress are often related to a problems with life coping. While generally coping issues come first (followed by stress/anxiety), dealing with these issues for an extended period of time can damage your ability to cope even further- opening up the door for the other to occur.

Negative Thinking

Both stress and anxiety create negative thinking, and negative thinking is very closely related to coping with both of those issues. For example, if you're stressed, you'll believe that you're bound to experience troubles in the future, leading to anxiety over the future, and so on.

Hormone/Neurotransmitter Misfiring

Another probable cause of both conditions has to do with damage to the mind and body when you deal with any one condition for an extensive period of time. Many people believe that your body starts to fire the wrong amount of neurotransmitters (brain chemicals). Adrenaline, and cortisol, becomes harder for your body to regulate.

Still, once you have developed chronic stress, you're going to need something more in order to curb it. You're going to need to find a way to drastically cut down on your overall stress and anxiety levels- a method of relieving anxiety that will help you control stress in the future.



2. OBJECTIVES:

- To study and compare the anxiety of working and non-working married women.
- To study and compare the stress of working and non-working married women.
- To study relationship between anxiety and stress of working and non-working married women.

2.1 HYPOTHESIS:

- There will be no significant difference in the anxiety of working and non-working married women.
- There will be no significant difference in the stress of working and non-working married women.
- There will be not significant relation between anxiety and stress among working and non-working married women.

2.1 VARIABLE:

Independent variable:

Married working women and married non-working women.

Dependent variable:

score of anxiety scale.

score of stress scale.

3. METHOD:

Sample:

According to the purpose of resent study total 90 samples has selected. There were 45 married working women and 45 married non-working women. Were taken as a Ahmedabad city.

Tools:

- (1) Anxiety scale- by Dr. A. K. Sinha.
- (2) Stress scale - by Dr. Prerna puri and Tejinder kaur.

Procedure:

working and non-working married women were randomly selected and here (1) anxiety scale- by Dr. A.K. Sinha. (2) stress scale-by Dr. Prerna Puri and Tejinder Kaur. Was given and data was collection. The obtain data from 90 women among 45 married working women and 45 married non-working women were analyzed with the help of mean SD., 't' test and 'r' test.

4. RESULT DISCUSSION AND ANALYSIS:

Table-1

Showing mean, SD and 't' value of anxiety in married working women and married non-working women

Group	N	Mean	SD	df	t	Sing
Married working women	45	30.35	3.2	88	3.44	0.05
Married non-working women	45	19.65	2.94			

Table value -1.98 (0.05)

The table No-1 shows the anxiety level of married working and married non-working women for married working women the mean 30.35 SD is 3.2 and for married non-working is 19.65 and SD is 2.94 for both groups 't' level is 3.44 which is significant at 0.05 level.

Table-2

Showing mean, SD and 't' value of stress in married working women and married non-working women

Group	N	Mean	S.D.	df	t	Sing
Married working women	45	26.95	4.2	88	3.04	0.05
Married non-working women	45	14.58	3.94			

Table value -1.98 (0.05)



The table No-2 shows the stress level of married working women and married non-working women for married working women the mean 26.95 SD is 4.2 and for married non-working women is 14.58 and SD is 3.94 for both groups 't' level is 3.04 which is significant at 0.05 level.

Table-3

Showing the correlation between Anxiety and Stress in married working women and married non-working women

Variable	N	r
Anxiety	90	0.82
Stress	90	

The result obtained that higher correlation between anxiety and stress the 0.82 positive correlation between anxiety and stress.

5. CONCLUSION:

1. There is significance difference between married working women and married non-working women in anxiety.
2. There is significance difference between married working women and married non-working women in stress.
3. There is significant correlation between anxiety and stress.

REFERENCES:

1. Llgulander C. 'Generalized Anxiety Disorder: Between now and DSM-V' Psychiatric Clinics of north America (Sept. 2009):Vol.32 No.3 pp.611-28
2. Suresh Parekh & Dixit-Statistics methods in psychological research.
3. Sushila Singhal; Stress in education: Rawat Publication, Jaipur and New Delhi.